

My Journal Mark Fitzgearld March 2013
public domain

In 2007 I had a bad case of double vision. I covered one eye while driving my semi for the last time. I was team driving with my wife in a company out of Maryland. We lived in Pennsylvania. It was good to get home.

Well, I had double vision before so I thought I would be home a week then back to work. This was not the case. There were test and MRI. I saw four doctors. It turns out one thing I deal with is sleep apnea. I get to sleep in a mask that blows air in my face to prevent me from stopping breathing when I sleep.

Then I saw a neurologist and told me it was Multiple Sclerosis. I wasn't going back to truck driving. My long term disability insurance started paying and I applied for social security. That finally started paying after three appeals and a call from a TV lawyer. So I sit here on disability looking for a hobby.

I enjoy writing. I wrote a novel and published it myself. I'm the only one who bought any copies. I wasn't making any money so I quit writing novels. Kiss My Fate 2004 Author House Publishing. Then I would write three paragraphs about little stories and I would record them on mp3 then upload them to a podcast. They are all in public domain archives along with some music I recorded with a home studio.

So now I just type my journal.

I am looking forward to physical therapy. Since last month, I am doing a lot better. After falling on my face two months ago and getting a walker, this week I haven't even used it. When I first stated going to physical therapy, they would wheel me out to the car in a wheelchair. I am better now and I just use the walker to go out to the car. I haven't needed the walker at home. I even managed to do some chores like dishes.

Some things a go since I am home on disability: I watch the news in the morning with coffee, I take the dogs outside and I try to type three paragraphs. I have some friends I knew in high school that I keep up with. I met them over thirty years ago.

My phone is pretty talented. It plays movies and music. I hooked my phone up to my computer and I put some movies in it that I can watch when I don't have internet. When I do have internet I can watch news and listen to music. I remember life before smart phones. There were cassette players. Then one year I find myself looking for a way to record a tape player on my computer so I can load them on my MP3 player. It was very much like finding a free video converter because all my movie files were in the wrong format for my phone. Oh well. All this technology is still new.

Hello journal. I was talking to an old friend from high school. We were in marching band together. We were also in the church youth group together and we had a few classes together. She was my best friend. The marching band went where ever the football team played and we put on the half time show.

She got pregnant with her boy friend in her senior year and she waddled on stage to get her diploma. Then she married him and tried to make a life. She gave birth and the waiting room was full of her good friends. We played Monopoly and ordered pizza. She was always in good spirits and she always had a good thing to say.

Years later, she became a teacher and I saw her when I went on vacation. I got fat. The years melted away and it was just like we were back in school and she was as positive and nice as she always was.

Here's where im going with this. Some times things happen. We were both divorced and remarried and we had our careers. Life goes on so we pick up the pieces and move on.

I have Multiple Sclerosis and a couple of months ago I fell and I couldn't walk so I started going to physical therapy. I got the bill and I can't afford it so today will be my last day. I am going to miss getting out of the house and meeting people but I have come a long way

I finished off the last of the breakfast cereal but I found some oatmeal in the cupboards. I have coffee and every morning the dogs curl up on my lap. It isn't much of a life but I type my three paragraphs and I am in good spirits.

Next I will get on my phone and text my regulars good morning. I also catch up on the news in the morning. It looks like another winter storm is coming.

Yesterday, I went to physical therapy. I just got a bill and I thought I wasn't going to be able to afford it but I was wrong. The bill was wrong. The bill said I owe two thousand dollars but I only owe them one hundred dollars. I am doing better since the day I fell and I was face first on the carpet. I haven't fallen since then and I now have a walker.

I like my therapist. She gave me some exercises to do at home. They don't seem like a lot but I can barely do them. I am getting better though.

Well back to my journal. I went to the public domain site and my February 2013 journal has a download count of 5. 5 people read my journal. Wow. Thanks for reading.

How do I spend my time now that I'm on disability? I have a good music library on my computer and I have an app on my phone that lets me listen to it like an MP3 player. I also like to watch the news on my phone. There is also the TV. Then I found this free software that lets me type my journal.

I took all my CD's and ripped them to MP3 and I put them in my computer then I subscribed to a site that would let me download music. I have a good collection and I found a site that would let me stream them to my phone if I bought the app. The app was ten dollars but I use it every day. It also streams movies to my phone so I can watch them when there is nothing on television.

Speaking of television, I have cable and all the shows I like are On Demand so I don't need to schedule my life around my shows. Also, there is this pawn shop that sold DVD of television shows. I would buy the season and use a DVD ripper software to put them on an out board hard drive. The movie file format was the wrong type for my phone so I put the hard drive in mothballs. The movies and television shows on public domain archives work in my phone so I downloaded Flash Gordon and other movie serials to stream to my phone with the streaming app.

I also like to write. I wrote some three paragraph essays and a couple things about my life and I put them upon public domain archives after I found the upload button. So I found my creative outlet. I like it because it's free.

I have this watch I got off the internet for fifty dollars from china. The instructions are in English. It plays movies and music. When I go some place where I know I will be sitting and waiting a long time I put in my ear phones and plug into my watch. When I plug my watch into the computer, the drivers are for Win 98 so I have to run it in compatibility mode. It works like a usb drive and I can copy music and movies to it.

On my computer, there is a good music library so I copied one hundred of my favorite songs to the watch. These songs never seem to get old. I look forward to my next doctor visit. Another chance to listen to my watch.

I also have a good movie collection. I took some movies and old cartoon and I used the file converter that it came with and I put them on my watch. The screen is too small to see details but big enough for cartoons and some movies. Last month I watched a movie on my watch then I plugged it into my computer and changed the movies. I deleted the old ones and copied new ones. I've had the watch a couple of years now. It came with a CD with movie converter, power charger, usb cable, earphones, and a metal case. One thing about it, the jack was too small so I bought an adapter so I could use my earphones. Also the time is in twenty four hours so after noon I have to subtract twelve hours. I learned that in the Air Force. The watch works well.

3 10 13

A lot didn't happen today. I didn't get my coffee. I was too weak to do any thing but sit in my recliner. My journal almost didn't get any attention today.

I got my coffee. It all started back when I drove long haul truck when I would stop to fill up my tanks. Big trucks have two fuel tanks. The truck stops gave free coffee. I would drink coffee and drive ten hours without a break. Then one day, my company would give me a thermos. It was very nice of them.

I had that thermos years after I changed jobs. Somehow, it was run over one day while I was moving from one truck to another. Thermos, you will be missed. Parting with the thermos was tough. It was like losing a family member.

Now days, I get up and make coffee. I have my cup and my daily rituals. I don't drive truck any more but I drink my coffee and some times I can hear big trucks on the highway near by and I lift my cup to all the truck drivers trying to make a living.

I used to have a free podcast. After typing three paragraphs, I would record them to MP3 then upload them. They were on iTunes for free.

Bofo called Ferrit and asked him to meet him at the truck. They walked around the truck and did a quick safety check. Every thing was fine. They climbed in and Bofo released the break. They were off and planet Mep grew smaller in the distance. They rocketed pas Saturn and landed in a large moon. They were supposed to trade trailers and deliver to planet Mep. They traded the empty trailer for her full trailer. Aleah was also a space trucker. They met at Kim's truck stop on planet Mep. Her space truck broke down so Ferrit and Bofo had to deliver it.

They got back to planet Mep and backed the trailer into the warehouse dock. Then they were greeted by Milo with a fork fift. He started to unload the pallets full of boxes with imaginary hats. Bofo told Ferrit that he was going to need more imaginary friends.

Hello journal. I'm having a good day. I had breakfast, a bowl of cereal with soy milk, took the dogs out and made some coffee. I don't need the walker today. I'm better then a couple of months ago when I fell face first on the carpet with my MS turning my legs to jello. I'm better.

So, what's on my mind? Not much. I stepped on the scale in the bathroom and it said 187 lbs. I am down from 270. it took a few years and I joined Weight watchers. But a few years later I finally took the pounds off. Eating breakfast, drinking lots of water, and switching to diet coke is how I did it. Diet coke has 0 calories. I also eat smaller meals.

Another day another journal entry. My life is boring but I remember how my life was one big adventure. In high school I was in band, drama, chorus, and yearbook. In college, the internet was just invented and they had chat rooms in colleges across the nation. I still email friends I made that year. I have a couple that I send text messages to on my phone. I've known them years. Then there was the time I spent as a heavy equipment operator in the Air Force. I learned how to drive a tractor trailer rig. That came in handy when I became a truck driver. I would drive from California to New Jersey and I only stopped to sleep. My fourth wife and I drove team out of Maryland. We were so good at it that they paid us on salary.

Then I was diagnosed with MS and she hurt her spine and her foot went numb. Now we are both on disability. We do drive each other crazy. The money is just a fraction of what it was but we don't need much. She is taking online college for life coach and I listen to music. Then there is television. She always seems to have places to go and people to see. I think I will send a text to my college friends and drink my coffee.

I stepped on the scale. I weigh 186 lbs. Had my cereal for breakfast with soy milk. Soy milk is at the dollar store. I like it and makes me feel like a kid again. It reminds me of when I was little and I would sit around the table with my family in the morning.

The coffee is ready. I started drinking coffee in the Air Force. One day, we ran out of sugar and creamer at the shop so I have taken it black ever since.

I have no plans for today so I think I will just listen to music. I have a good music library of the 70s and 80s on my computer and I can stream it to my phone over wifi. I'm having a good day.

Another nothing sort of day. I spend a lot of time thinking about how things were. Not a lot happens that I feel like writing about so I just go with my flashbacks. I have my coffee and dog thinks he's a lap dog. He's a pug chihuahua. He keeps me company when I drink coffee in the morning.

My wife had a coffee maker before I met her. We were together nine years. The coffee maker was old and finally quit working so we found one at Good Will that was new and still in the box. It only makes one cup at a time. I don't mind. I only drink one cup at a time.

What to do? Put on some music and try to get some dishes done? Funny how they never stay done. The best I can hope for is that my cereal bowl is clean in it morning.

I would watch movies by myself. My mother was the music director in a baptist church. She put on some musicals and even sang in some. I had a small collection of VCR tapes and I recorded them to files on my computer. I had some favorites but over the years I got rid or lost the files. And nobody knows it but me. Nobody else was interested in my mothers church Easter or Christmas musicals. I used to watch them alone but now they are gone but the tapes that I sent back to my mother. Nobody to share them with.

My wife is a remote hog. She puts on whatever she wants on the television and I would watch my phone or put on some music. Mostly, I would listen to music.

In the mornings, I would make some coffee, take the dogs out, watch some news and type in my journal. Life for me has slowed down since I was on disability. My wife and I retired early with medical. As truck drivers, we were on top of our game. I do believe in God and Jesus. I wonder what God is up to. I guess I'll ask him. Nobody knows it but me.

Good morning. I did my morning routine. Took the dogs out, had oatmeal for breakfast, made coffee and now my journal. I guess I will look for somebody to text in a bit. I use my journal in place of finding somebody to talk to. I am alone a lot. My wife and I don't talk which is a shame. I have a lot to say. She grips every time I try to tell her what I am thinking.

I took a class in psychology in college. If you put a glass plate in a fish tank, soon the fish will quit trying to swim to the other side. I wonder how many obstacles mentally and emotionally my stubborn wife throws at me that makes me quit trying to reach out to her.

There was the week that I fell when my MS was bad. I was face down on the bathroom floor and the wife yelled at me to get out of the way and then she was yelling at me for not exercising. Then she posted it on Facebook. My phone rang off the hook. Even my mother called. How could I let her treat me this way? So, I can't talk to her. I wonder what else I am living with out. Well, I have my mother and my journal. I am going to leave it to God since I have a marriage under God. Let him deal with it. This is my fourth wife so this time I am going to try the Bible.

At the risk of repeating myself, I have MS. I fell three months ago and I was face first on the carpet. I went to the doctor and was put on physical therapy for two months. I also now have a walker. I just came back from physical therapy. She gives me a workout and I am sore and weak when I am through. It must be doing some good. My hands and feet are tingling. Well, I'm back home and typing my journal.

Yesterday, I put a movie on my phone. The screen was small but I could watch it. I think I might just put on another movie today or just listen to music.

My wife challenged me to say a positive thing every day in my Facebook post. I find that my day is better when I look for something positive.

3 20 13

To write negative things about my wife or not to. I don't plan to do anything about her so I should just keep my mouth shut. Besides, looking on the bright side makes my day better. So nice things it is.

Today is payday. We went out to eat and did some shopping. We got breakfast cereal and my favorite soy milk flavored vanilla. The cable bill is paid and I can hear my music library on my phone. I got my coffee and my lap dogs. Life is good.

It seems as I was typing this that I even caught a break from the drama.

Today's topic? Heads, nagging wife, tails things I like. Tails it is. Got my lap dog and my coffee. Life is good. I canceled my appointment for physical therapy. I'm just too lazy to go today. I was looking forward to today's journal. Should I talk about things I remember from high school or college or getting older? Maybe both?

For my 18th birthday, we had pizza and rented three Superman movies. All my friends back then were girls. Somehow I feel more comfortable around girls. I did have one male friend but he couldn't stay. One of my favorite memories was about turning 18 and having a house full of teenage girls.

Now I am 47 and I am married. For my birthday, my mother sent some money so we could eat out. Getting old happened to me quickly since I have MS. I have double vision and I have glasses with a prism in one lens to help line up the images. I feel like I am wearing gloves. Walking is a challenge. I now have a cane. These days, I get up and take the dogs out, then I have some cereal. Then I make coffee. I look forward to typing my three paragraphs in my journal on my computer then putting on some music on my phone with my earphones. With some luck, I might be able to find an old friend to chat with and spend some time that way.

3 22 13

I looked at the download count for public domain archives and my poetry has 24. Most of the others have less than 10 so I think I will do more poetry.

Today is a good day. It might have something to do with the wife leaving the house early. The dishes are piled high in the sink and if I don't do them, they won't get done. They can wait. So, I will just put on some music and daydream about times that I was with people that made me feel like life was a bowl of cherries. I should have kept in touch.

What to do today? I took the dogs out but when they bark I take them back in. The neighbors aren't very friendly any way. Then I made some coffee and did my journal. It's time to put on some music. I think 80s sounds good.

Another day, another cup of coffee. I get out of bed and take the dogs out. Then they bark so I bring them back in. I smoke a tabacco pipe but it was clogged today so I unclogged it and I took it out to smoke it. I don't smoke inside. Sometimes when the weather is bad I ask myself if I really need to smoke in the rain or snow but I have a jacket. Lucky for me that the weather was good today.

I have my coffee and I downloaded Flash Gordon from Public Domain Archives last night so I hope to watch it on my phone today. We have come a long way. I can remember going too the computer lab at college to scan pictures. Now we can make movies with our phones.

Video games were in arcades and then came Atari. Then came Nintendo. I have Galaga on my phone. It was a 30 year aniversery. I'm 47. It came out when I was 17.

Hello journal. It's late in the afternoon. The wife sent me for lunch. She called in an order from the pizza shop down the street. Three subs and three cokes. I got diet for myself. I put my sub in the fridge. It will be there later.

I got out my hard drive. It's a terrabite full of music and movies. The music was transferred to the computer I'm typing on and there is still one hundred gigabites free on my hard drive. This computer has three hard drives and one is for restoring the computer back to factory. Every time the computer gets a virus, I reformat the hard drive and reset it back to factory. I lose all my files so I have two usb terabite hard drives for back up. My computer has a media streamer that lets me watch movies and play music on my phone. I listen to music a lot. The download was free but the phone app was ten dollars but I use it every day.

The movies were all in avi format but they needed to be in mp4 to play onmy phone. When I ripped them from dvd I put them in avi. If I only knew. Then I found a free file converter online and I picked abot twenty movies and made tem all mp4. I can watch them onmy phone since I updted my library.

Blah blah blah computer stuff. Yesterday, I downloaded Flash Gordon and Captain Marvel from Public Domain Archives in mp4. I am looking forward to watching them on my phone.

Good day. This year Easter is in March. Wasn't it in April? Oh well. It snowed last night. We let the water drip to keep the pipes from freezing. One time this year, we had to call a plumber to go under the trailer and heat the pipes. The neighbors were complaining that they had low water pressure. We had a bad leak. We called the plumber again. He capped the leak and water pressure went up. We just used that one to fill up the water bed but we got rid of it a couple of years ago. The spigot leaked and it was just a problem so we got rid of it.

So the wife and I are sitting around the house today. We are both on disability. We were truck drivers and we were driving as a team. It didn't take us long to get to the top of our field. We had a dedicated run and we were home every week end. Were paid on salary. I got the insurance. How was I to know I would end up using it.

She is taking on line college for life coach and she is making straight A's. She wanted to get into holistic healing and nutrition. She's doing good. As for me, I listen to music, watch movies, and type my three paragraphs.

Hello again. I just finished another day of physical therapy. I am doing a lot better then the day I fell face first on the rug and my wife came home with a walker for me. I have my coffee and life is good.

I am also a mental patient and my imaginary friends keep me company. I have been on the same anti psychotics for eighteen years. Every so often, my doctor will test me for diabetes. I am fine. I just have an imagination that is larger then life and I can't tune it out sometimes. I even talk to myself at times when I need my pills. I'm harmless though. I was able to drive a semi tractor trailer for twelve years. I was very good at it but I did take time off one year to write a novel. I even had a cool pen name. Kiss My Fate by Marc Stone. Published by Authorhouse. 2004. so far I sold five copies to myself.

One year I did a free podcast called Ferrit Walk. I wrote three paragraphs and recorded them to mp3. I quit after a year and now I type my journal for a creative outlet. I like it because it's free.

The wife is a nag and the dog raided the trash. No sense whining about it. I am trying to keep myself in a good mood even if it is just pretending. I am using psychology on myself to make the world seem like a better place. If I have a better attitude, the world seems nicer.

There is coffee and my journal. It gives me something to look forward to every day. I went to a trade school for secretary. I took classes in typing, filing, short hand, computers, and business law. I never found work in that field but it did come in handy when I found a job at a pawn shop. It was a good job. After the pawn shop, I got into truck driving. In truck driving there is a lot of paperwork. I was very good at it.

These days, I type with one finger, one button at a time. Since I came down with MS, my hands don't work right and I can't cut my own stakes at dinner. I don't let that stop me from writing my journal. One button at a time. There are just a few days left of this month. What to do next. I have a good imagination. Should type more journal, poetry, stories, or take a break. I have a few days to decide. My poetry has the most downloads. I'm up for a challenge.

3 28 13

Stuff happened and I had to wash the sheets and comforter twice this week. I have to wash them again and I am frustrated with the dogs and wife. I just tell myself that it will blow over. I don't want it to ruin my day. I will just rise above it.

There is an appointment with physical therapy for later today. I am doing good. I haven't needed my walker in weeks. I still use my cane though.

The news is full of a murder trial so I turn it off and just put on music.

3 29 13

Yesterday was my last day of physical therapy. I am doing a lot better and I met the goals of rehab. I don't need my walker now but I still have my cane. I still have my handicap parking card so I can park in the blue places.

More wife drama. Nag nag nag. As I was typing she wanted me to do something for her. I typed a paragraph where I complained about her but I felt bad and got rid of it.

So much for trying to stay positive. I should just serve her like a happy servant like it says in the Bible. In the Bible, it talks about unconditional love and leaving things up to God. I was divorced three times so this time I am trying the Bible. It was our nine year anniversary this week. She is my fourth wife. Drama.

3 30 13

Good morning journal. I think I will wrap up my journal early. I have my coffee. I am good after my two months of physical therapy. I don't need my walker but I still use my cane when I go out.

I was driving semi with my wife and several years ago one Christmas, we were visiting my brother in Portland Oregon when my clutch leg gave out and was too weak to use the clutch. Now I use a cane. It has been several years.

Now, my wife and I are both home on disability. She is taking an on line course for live coach. I type in my computer and listen to music a lot. I am looking forward to my next Public Domain Archives project.